

# NUTRITION EDUCATION

## No Bones About It: Nutrition Matters

On Tuesday, March 21 at 12:00PM, Lorri Lennon, RD for CRT will be speaking on foods that help maintain good bone density.



If you would like to attend please call the front desk to register at 860-291-7460. This talk will take place in the dining room as folks are eating lunch. If you plan on attending lunch please sign up a day in advance and please be courteous and quiet while the speaker is presenting.

Must call before 11A on Monday, 3/20 for Tuesday's lunch, 860-291-7640.

## CRT Lunch Menu

*CRT Lunch is served Monday, Tuesday, Thursday, and Friday to persons 60 years of age or older at 12 noon for a \$3 suggested donation (or whatever you can afford). Lunch reservations must be made no later than 11:00AM the business day before the day of the meal by calling 860-291-7460 or 860-291-7491 OR in person at the front desk. Please see Page 1 for Wednesday's "Homemade Lunch" menu.*

MONDAY	TUESDAY	THURSDAY	FRIDAY
		2 Chicken Parmesan Parslied Egg Noodles Yellow Squash Garlic Knot	3 Cracker Crumb Haddock Rosemary Potatoes Baby Carrots
6 Beef Stroganoff Steamed Orzo Vegetable Medley	7 BBQ Pork Crinkle Cut Fries Green Beans	9 Baked Ham Potato Salad Peas & Carrots	10 Vegetable Lasagna Zucchini Garlic Knot
13 Pork Meatballs Garlic Smashed Potato Vegetable Blend	14 Chicken Stir Fry White Rice Steamed Broccoli	16 Corned Beef Boiled Carrots Boiled Potatoes	17 Clam Chowder Crab Cake Coleslaw Sweet Potato Fries
20 Chicken Marsala Pesto Pasta Italian Vegetables	21 Vegetable Soup Hamburger on Bun Sweet Potato Fries	23 Turkey Pot Pie w/ Peas & Carrots Brussels Sprouts	24 Ricotta Stuffed Shells Marinara Sauce California Blend Veg
27 Sofrito Pork Chop Spanish Roasted Potatoes Broccoli Normandy	28 Vegetable Quiche Potato Wedges California Vegetables Garlic Knot	30 Lemon Chicken Picatta Mashed Potatoes Veg Medley Garlic Knot	31 Shrimp w/ Lo Mein Noodles Steamed Cauliflower Dinner Roll



YOU ARE INVITED!

**East Hartford Senior Center's**  
**IRISH BREAKFAST**

**Saturday, March 18, 2023 - 9:00 AM**

EH Senior Center Members: \$5

Guests: \$8

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**Menu: Irish Soda Bread, Corned Beef Hash,  
Scrambled Eggs, Coffee & Tea**

Space is limited! Registration begins 2/21 at the  
front desk.



EAST HARTFORD SENIOR CENTER

**EASTER BUNNY BREAKFAST**

Saturday, April 1, 2023 at 9:00AM

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Menu: Pancakes, Sausage, Fresh Fruit,  
Orange Juice, Coffee & Tea

**BE SURE TO BRING YOUR CAMERA TO TAKE PICTURES WITH  
THE EASTER BUNNY!**

EH Senior Center Members: \$5

Guests: \$8

Kids Under 10: Free!

Registration begins 2/21  
at the front desk

